

Volume 6 Issue 3



SPRING 2005

MEDDAC Community News

Kimbrough Amb. Care Center

Kirk US Army Hlth. Clinic

Barquist US Army Hlth. Clinic

Dunham US Army Hlth. Clinic

Letterkenny Occupational Hlth. Clin.

DDC US Army Hlth. Clinic

FIG Troop Medical Clinic

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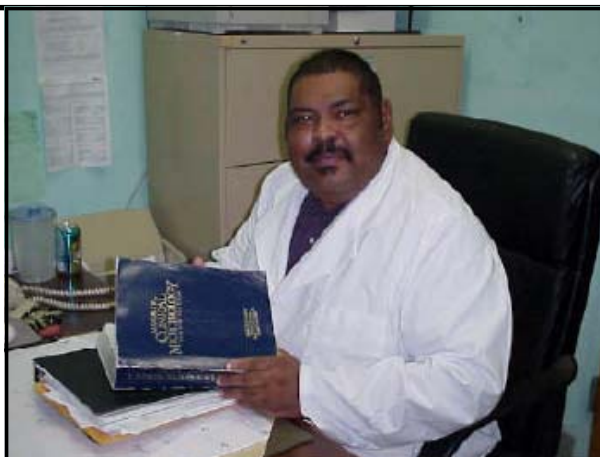
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Remembering Georgie

Daniel Kutrick, KACC Marketing

During my time in Laboratory Services, from 1985-1999, I worked with Mr. George Ratcliff in his official capacity as Microbiologist.

Employed as a Medical Technologist at Kimbrough since 1986, George had consistently received Exceptional Performance Appraisals for his work performance and dedication to excellence. He had been instrumental in a unique Laboratory Services accomplishment: successful completion of three successive inspections by the College of American Pathologists, with **NO** deficiencies and **NO** recommendations. In 2002 he graduated *Suma Cum Laude* from Anne Arundel Community College with an Associate of Applied Science.



Mr. George Ratcliff,
KACC Microbiologist

George passed away suddenly on Monday March 21. The actual cause is not known at the time of this writing.

I will always remember George working hard before a CAP inspection to make certain that the Microbiology Section was without peer. I will remember the little things that made him laugh and the little things that made him frustrated. I will remember the George who teamed up with me to play practical jokes on the "fresh fish" technicians (like the chocolate-covered-raisin stool samples...the liquid-soap...apple-juice urine samples). I will remember his computer advice, his frown and his smile, but most of all I will remember him as a friend.

George was a respected and loved member of our Kimbrough family and will be dearly missed by all who knew him. I know that I will.

Diabetes & Kidney disease

Submitted by: Daniel Kutrick, KACC Marketing

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Everyone has heard about diabetes, but did you know that diabetes can affect your kidneys? Diabetes mellitus, usually called diabetes, is a disease in which your body does not make enough insulin or cannot use normal amounts of insulin properly. Insulin is a hormone that regulates the amount of sugar in your blood. A high blood sugar level can cause problems in many parts of your body.

The most common types of diabetes are Type 1 and Type 2. Type 1 diabetes usually occurs in children. It is also called juvenile onset diabetes mellitus or insulin-dependent diabetes mellitus. In this type, your pancreas does not make enough insulin and you have to take insulin injections for the rest of your life.

Type 2 diabetes, which is more common, usually occurs in people over 40 and is called adult onset diabetes mellitus. It is also called non insulin-dependent diabetes mellitus. In Type 2, your pancreas makes insulin, but your body does not use it properly. The high blood sugar level often can be controlled by following a diet and/or taking medication, although some patients must take insulin. Type 2 diabetes is particularly prevalent among African Americans, American Indians, Latin Americans and Asian Americans.

With diabetes, the small blood vessels in the body are injured. When the blood vessels in the kidneys are injured, your kidneys cannot clean your blood properly. Your body will retain more water and salt than it should, which can result in weight gain and ankle swelling. You may have protein in your urine. Also, waste materials will build up in your blood.

Diabetes also may cause damage to nerves in your body. This can cause difficulty in emptying your bladder. The pressure resulting from your full bladder can back up and injure the kidneys. Also, if urine remains in your bladder for a long time, you can develop an infection from the rapid growth of bacteria in urine that has a high sugar level.

About 30 percent of patients with Type 1 (juvenile onset) diabetes and 10 to 40 percent of those with Type 2 (adult onset) diabetes eventually will suffer from kidney failure.

The earliest sign of diabetic kidney disease is an increased excretion of albumin in the urine. This is present long before the usual tests done in your doctor's office show evidence of kidney disease,

so it is important for you to have this test on a yearly basis. Weight gain and ankle swelling may occur. You will use the bathroom more at night. Your blood pressure may get too high. As a person with diabetes, you should have your blood, urine and blood pressure checked at least once a year. This will lead to better control of your disease and early treatment of high blood pressure and kidney disease. Maintaining control of your diabetes can lower your risk of developing severe kidney disease.

As your kidney function decreases, your blood urea nitrogen (BUN) levels will rise as well as the level of creatinine in your blood. You may also experience nausea, vomiting, a loss of appetite, weakness, increasing fatigue, itching, muscle cramps (especially in your legs) and anemia (a low blood count). You may find you need less insulin. This is because the affected kidneys cause less breakdown of insulin. If you develop any of these signs, call your doctor.

Signs of Kidney Disease in Patients with Diabetes:

1. Albumin/protein in the urine
2. High blood pressure
3. Ankle and leg swelling, leg cramps
4. Going to the bathroom more often at night
5. High levels of BUN and creatinine in blood
6. Less need for insulin or antidiabetic medications
7. Morning sickness, nausea and vomiting
8. Weakness, paleness and anemia
9. Itching

Diabetes & Kidney disease

Submitted by: Daniel Kutrick, KACC Marketing

Continued from page 2

Your kidneys will work better and last longer if you:

- Control your diabetes
 - Control high blood pressure
 - Get treatment for urinary tract infections
 - Correct any problems in your urinary system
 - Avoid any medicines that may damage the kidneys (especially over-the-counter pain medications)
- If no other problems are found, your doctor will try to keep your kidneys working as long as possible. The use of high blood pressure medicines called angiotensin converting enzyme (ACE) inhibitors has been shown to help slow the loss of kidney function.

The kidney doctor, called a nephrologist, will plan your treatment with you, your family and your dietitian. Two things to keep in mind for keeping your kidneys healthy are controlling high blood pressure and following your renal diabetic diet. Restricting protein in your diet also might be helpful. You and your dietitian can plan your diet together.

What is the future outlook for patients with diabetes?

Today, more and more research dollars are spent on diabetes research. Hopefully, the prevention and cure of diabetes is in our future. In the meantime, you can manage your diabetes better with:

- home monitoring of your blood glucose levels
- maintaining an awareness of controlling your blood pressure, and possibly monitoring your pressure at home
- following your special diet.

*All health information in this Guide has been approved for medical accuracy by the Scientific Advisory Board of the National Kidney Foundation. If you would like to become a volunteer and find out more about what's happening where you live, contact your local NKF affiliate at: www.kidney.org. If you would like more information, please call 1-800-622-9010 or write us at the National Kidney Foundation, 30 East 33rd Street, New York, NY 10016. **This material does not constitute medical advice. It is intended for informational purposes only. Please consult a your primary care manager for specific treatment recommendations.***



Diabetes Awareness

Submitted by Daniel Kutrick, KACC Marketing

Diabetes may be the fastest growing chronic disease in the United States. At least one in every 16 people has diabetes. The major concern is that many people who have diabetes do not even realize that they have it. In fact out of the 16 million people in the U.S.A who have diabetes, 5 million of them are not aware of it. How can you solve problems unless you know there is one?

What is Diabetes?

Diabetes is a life-long disease that with the proper lifestyle adjustments can be controlled to avoid complications from occurring. This disease is constantly changing, especially as the scientific and medical communities learn more about it. Diabetes is considered a self-managed disease. Meaning that through a team approach with the healthcare provider, educator and registered dietician, a person can be given all the tools/knowledge necessary to care for their diabetes.

There are a few different forms of diabetes. The 2 main types are called Type 1 and Type 2 Diabetes Mellitus. Type 1 Diabetes occurs when the body can no longer make any insulin. Insulin is a hormone produced by the pancreas to turn the food that we eat into fuel for our body's cells to use for energy. Type 1 Diabetes makes up 10% of the population with diabetes. Type 2 Diabetes occurs when the body either doesn't make enough insulin or does not use the insulin it makes properly. This type is approximately 90% of the diabetes population. Other forms that are rare consist of gestational diabetes, which is diabetes that is developed by women during pregnancy; and other diabetes, which can be brought on by chemicals, treatments and/or radiation.

Am I at risk?

Risk factors for diabetes that you cannot control include age, gender, ethnicity and family history. Type 2 diabetes is most likely to occur in African-American, Hispanic, and Native American women. Risk factors that can be controlled are associated with lifestyle. These risk factors are being overweight, not exercising on a regular basis and having elevated blood pressure and/or cholesterol. Any woman who had gestational diabetes or delivered babies over 9 pounds can be at increased risk for developing Type 2 diabetes. If you or a family member has any of the risk factors discussed, please have a screening test done with your healthcare provider.

What are the Warning Signs?

Warning signs for diabetes can include:

- o Frequent urination
- o Excessive thirst
- o Unusual hunger
- o Extreme fatigue (tiredness)
- o Unplanned weight loss
- o Irritability
- o Blurred vision
- o Frequent skin, bladder, vaginal or gum infections
- o Slow healing cuts and bruises
- o Tingling/numbness in hands or feet



If you or a family member is experiencing any of the symptoms above, contact your healthcare provider for an appointment to screen for diabetes.

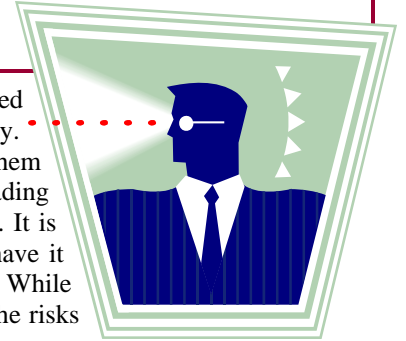
Why is it important to know the risks and symptoms of diabetes?

An early diagnosis can get you the treatment and education you need to avoid long term complications caused by high blood sugar over a prolonged time. We want you to live a long and healthy life free from heart, kidney, eye and foot complications related to diabetes. Above all else, know your risk factors, identify the symptoms and seek early care.

Glaucoma Awareness

Dorothy Lopez, RN, Health Promotions

Glaucoma is a condition of increased fluid pressure inside the eye (intraocular pressure). Increased pressure occurs when the aqueous humor, which is produced continuously, does not drain properly. The pressure pushes on the retina, reducing the blood supply to the nerves of the retina causing them to die. As the optic nerve deteriorates, blind spots and vision changes develop, Glaucoma is the leading cause of blindness, but the chances can be reduced if caught early and controlled by medication. It is estimated the Glaucoma affects 3 million Americans. At least half of those do not know they have it because Glaucoma usually has no symptoms until the disease progresses to an advanced stage. While damage from Glaucoma cannot be reversed, early detection can result in treatment to minimize the risks or effects of the disease.



Certain factors elevate the risk of having and chances for the disease. These apply if you have a family history of glaucoma:

Older than 45 years

African ancestry

Diabetes

High intraocular pressure

Severe nearsightedness (myopia)

Use steroids or cortisone for a long time

Had a previous eye injury

In the late early of the disease, glaucoma develops gradually and painlessly. In the late stages, symptoms may occur including:

Frequent change of prescription glasses

Difficulty adjusting eyes to the dark

Headache and eye pain

Difficulty focusing on close work

Seeing colored rings or halos around lights

Loss of peripheral vision

Vision loss

The American optometric Association recommends annual eye examinations for people at risk for glaucoma; vision loss from glaucoma is irreversible.

A comprehensive eye examination should include a tonometry test to measure the pressure in your eyes; an examination of the inside of your eyes and optic nerves; and a visual fields test to check for changes in the central and side vision. If detected, treatment for glaucoma includes prescription eye drops and medications as well as continued monitoring. However, because of individual variations in what constitutes normal intraocular pressure, tonometry by itself is not sufficient for an accurate diagnosis of glaucoma.

Eye care professional can detect glaucoma during a comprehensive eye examination thought dilated pupils and may also identify other ocular conditions which may require attention.

If you have any of the risk factors for glaucoma, have your eyes tested every 2 years before age 45 and once a year after age 45. If you have no risk factors for glaucoma, have your eyes tested every 4 years before age 45 and every 2 years after age 45.

Although there is no cure for glaucoma, studies suggest that ongoing treatment can help slow the risk of further vision loss.

TRICARE in The News: Health Net Federal Services is Awarded ISO 9001:2000 Certification

From Dennis Dohanos, MEDCOM HQ

Health Net Federal Services (HNFS), the government operations division of Health Net, Inc. (NYSE:HNT), announced today that it was awarded certification to the ISO 9001:2000 Quality Management System Standard on December 28, 2004.

The ISO 9001:2000 Standard is an international reference for quality management requirements in business-to-business dealings. An organization that chooses to become certified implements business systems to fulfill customer and regulatory requirements with a clear charter to enhance customer satisfaction. This standard, which was originally a model for manufacturing companies, has been updated and is a growing model for service enterprises.

"In achieving this milestone, HNFS implements stringent business practices that are internationally recognized for providing added value for our customers," said Jim Woys, president, HNFS. "Adopting the ISO standard clearly demonstrates our dedication to ensuring quality health care delivery," Woys said.

HNFS' ISO 9001:2000 certification applies to operations in all HNFS locations and lines of business. HNFS is the managed care support contractor for the U.S. Department of Defense for the TRICARE North Region contract, and now provides health care services for approximately 2.9 million beneficiaries in 23 east coast and heartland states, including the District of Columbia. The HNFS presence in the North region includes 66 TRICARE Service Centers that provide walk-in services to beneficiaries throughout the region. In addition to the TRICARE business, HNFS' Health Net Connections division offers health care management products to government and private sector health care clients.

About Health Net Federal Services

Health Net Federal Services is the government operations division of Health Net, Inc. As the first company in the United States to develop comprehensive managed care programs for military families, HNFS has a long history of providing cost containment and managed health care programs for government agencies.

About Health Net, Inc.

Health Net, Inc. is among the nation's largest publicly traded managed health care companies. Its mission is to help people be healthy, secure and comfortable. The company's HMO, POS, insured PPO and government contracts subsidiaries provide health benefits to approximately 6.5 million individuals in 27 states and the District of Columbia through group, individual, Medicare, Medicaid and TRICARE programs. Health Net's subsidiaries also offer managed health care products related to behavioral health and prescription drugs, and offer managed health care product coordination for multi-region employers and administrative services for medical groups and self-funded benefits programs.

For more information on Health Net, Inc., please visit the company's Web site at www.healthnet.com. Additional information on Health Net Federal Services can be accessed at www.healthnetfederalservices.com.



Cancer Update From Johns Hopkins—Dioxin in Plastics!

Submitted by Bill McLean, Chief, KACC Managed Care

NO PLASTICS IN MICRO. NO WATER BOTTLES IN FREEZER. NO PLASTIC WRAP IN MICRO. Johns Hopkins has recently sent this out in their newsletters worth noting... This information is being circulated at Walter Reed Army Medical Center.

Dioxin Carcinogens cause cancer, especially breast cancer. Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic. Dr. Edward Fujimoto from Castle hospital was on a TV program explaining this health hazard. (He is the manager of the Wellness Program at the hospital.) He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body.

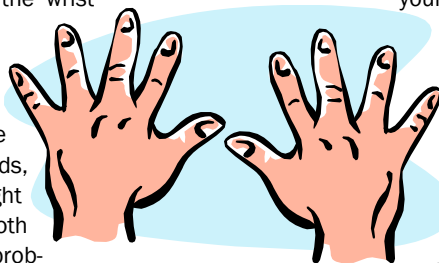
Dioxins are carcinogens and highly toxic to the cells of our bodies. Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results, without the dioxins. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. To add to this, Saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, use paper towels. Pass this on to your family and friends and those that are important in you life.

Carpal Tunnel Syndrome Self-Defense

Marie Constantineau, RN (reprinted from Volume 1, Issue 2)

Typing, needlepoint, or even knitting, may lead to repetitive strain injury (RSI). The most common form of RSI is carpal tunnel syndrome, a painful condition of the wrist and hands.

The problem results when the nerves in the wrist become pinched. People with carpal tunnel syndrome may lose the feeling in one or both hands, suffer arm pain that wakes them at night or get a numb feeling in one or both hands while driving. To prevent these problems:



→ **Revise your reach.** As much as possible, adjust your work station so you can comfortably reach all your equipment without awkward bending or twisting

→ **Get in proper position.** Use good posture. If you type, make sure your monitor is at eye level. Keep your elbows bent at right angles and your wrists relaxed but not bent upward or downward.

→ **Type with a light touch.** A study in the *Journal of Occupational Health and Environmental Medicine* found that on average, workers hit keys with four to five times the force necessary. *Helpful:* Post a reminder where you can see it.

→ **Relax your wrists:** Give them a break now and then. About once every hour during repetitive motion task, shake your hands in all directions for 10-15 seconds.

When under stress, the body tires faster.

And remember: Repetitive strain injury can strike at home, too. Examples: playing racquet sports, woodworking, even gardening. So if you hurt, ease up. Pain is **always** a signal to stop.

Patients and Kimbrough: “Partners in Quality”

Marie E. Constantineau RN, BSN, MEDDAC Patient Safety Manager

Patient safety is one of the hottest topics in the health care industry. Today more than ever, people need to stay informed and be involved with their health care options. Patients are being urged to speak up if they have questions or concerns in order to be knowledgeable about their medications, procedures, treatment and recovery process.

At Kimbrough Ambulatory Care Center, we are proud of the services we provide to our patients, customers and visitors. Your good health is our top priority. While our dedicated professionals do everything possible to assure that you and your loved ones receive the care needed, you can also contribute to the successful and safe treatment at Kimbrough.

To help Kimbrough identify areas that you may have questions or concerns about, Kimbrough has developed a “Near Miss” form. This is a voluntary report that you can complete that informs the Kimbrough command of a situation where an accident “almost” happened, but did not, either by chance or intervention. For example: if you have a medication allergy and it is not noted on your medical chart with an allergy sticker. The “Near Miss” form can be found in all clinical areas during your visit. If needed, staff members can help you to complete this form.

Teamwork is the key and we want every staff member, visitor, patient and family member to be a part of our Patient Safety Program Team. This means taking part in every decision about your health care. Every patient and every health care provider – the entire health care team – is responsible for ensuring patient safety and quality. Read on to find out easy ways you can partner with your health care providers to increase your well-being and learn more about staying healthy.

1. The single most important way you can help to prevent errors is to be an active member of your health care team. Ask questions! This means taking part in every decision about your care. Feel free to talk to your doctor or nurse about any health concerns. We welcome your questions. Ask questions if you do not understand. If you think of questions when you are not at the health provider’s office, write them down to ask them later. Research shows that patients who are involved in their care will obtain better results.

2. Make sure that your doctor knows all the medications you are taking. This includes all your prescriptions, over-the counter medicines, and dietary supplements such as vitamins and herbs, that you are taking. Keeping your records up-to-date ensures better quality medical care.

3. Make sure your doctor knows about any allergies and adverse reactions that you have had to medicines. This is critical for avoiding medicines that can harm you.

4. When your doctor gives you a prescription and when you pick up the medicine, insist that written information about your medicines be given in terms you can understand. What is the medicine for? How am I supposed to take it? How long? What side effects are likely? What should I do if they occur? Is the medicine safe to take with my other medicines and dietary supplements? What food, drink or activities should I avoid while taking this medicine? If you do not recognize a medication, verify that it is yours if there is a doubt.

5. Prior to leaving your doctor’s appointment, ask your doctor to explain the treatment plan you will follow at home. This includes learning about your medicines and finding out when you can resume your regular activities. Make sure you understand the plan and can do any follow-up at home with confidence. Question anything that seems unusual or different from what you have been told. Ask for written instructions that you can read and understand when you are at home.

6. Make sure you know what to expect if you need surgery. Ask your doctor and surgeon the following questions: Who will be in charge of my care? Exactly what will be done? How long will it take? What will happen after surgery? How will I feel after the surgery? How will I feel during recovery? Tell your surgeon, anesthesiologist or nurses if you have allergies or if you have ever had a bad reaction to anesthesia. Mistakes can be avoided if all members of the health care team, including patients, agree about what will be done during surgery.

7. Speak up if you have questions or concerns. You have a right to question anyone involved in your medical care.

8. Make sure all health professionals involved in your care are aware of important health information about you. Do not assume that everyone knows everything that they need to know.

9. Ask a family member or friend to be your advocate. If you think you will need help, ask someone to help get things done and speak for you if you cannot.

10. Learn about your conditions and treatment. Studies have shown that patients who educate themselves about their medical conditions live happier, healthier lives.

Learn about your condition by consulting your doctor, nurse and other reliable resources for medical information.

12. Help prevent the spread of germs. Be aware that hand washing is the best way to prevent the spread of germs. Practice good personal hygiene. Don’t hesitate to remind medical staff to wash hands or wear gloves before your examinations. Ask friends and relatives who have colds or other contagious illnesses not to visit if you or a family member is ill. Get vaccinated if appropriate. Flu and pneumonia vaccines can help prevent illnesses in elderly and high-risk patients.

You can find additional patient safety information at www.npsf.org. Thank you for being a part of the Kimbrough Ambulatory Care Center’s Patient Safety Team!

Understanding builds partnerships and improves patient safety!

SEXUALLY TRANSMITTED DISEASE FACTS AND MYTHS

Dorothy Lopez RN Community Health Nursing

Continued on page 10

Almost 12 million cases of sexually transmitted diseases occur annually in the United States, 86% of them in people between the ages of 15 to 29 years old. Chlamydia is the most common STD, causing an estimated 4 to 8 million acute infections annually. Sexually transmitted diseases once called venereal diseases are among the most common infectious diseases in the United States today. More than 20 STD's have now been identified, and they affect more than 13 million men and women in this country each year.

STD's affect men and women of all backgrounds and economic levels. It is most prevalent among teenagers and young adults. Nearly two-thirds of all STD's occur in people younger than 25 years of age. The incidence of STD' is rising on part because young people have become sexually active earlier yet are marrying later, divorce is more common. The net result is that sexually active people today are more likely to have multiple sex partners during their lives and are at risk for developing STD's. Most of the time, STD's cause no symptoms, particularly in women. When and if symptoms develop, they may be confused with other diseases not transmitted through sexual contact. Even when an STD causes no symptoms, a person who is infected may be able to pass the disease on to a sex partner.. This is why periodic screening and testing is recommended.

Some STD's can spread to the uterus, fallopian tubes and cause pelvic inflammatory disease (PID). STD's in women may be associated with cervical cancer. One STD, human papillomavirus causes genital warts. STD's can be passed from mother to her baby during delivery. The partial list today of STD's includes: HIV, Chlamydia, hepatitis B, vaginitis, genital herpes, chancroid, and genital warts. The myths are: only certain sorts of people get sexually transmitted diseases, AIDS can be caught from a toilet seat, douching can prevent an STD, you can tell by looking at someone if they have a sexually transmitted disease.

The best way to prevent STD's is to avoid sexual contact with others. If sexually active, then have a mutual monogamous relationship, delay having sexual relations as long as possible, the younger in age the more susceptible to developing an STD. Have regular checkups for STD's, even in the absence of symptoms and especially if having sex with a new partner. Seek medical help if any suspicious symptoms develop even if they are mild. Recently research has resulted in new tests to diagnose some STD's, new drug treatment are under investigation, this is important because some STD's have become resistant to the standard drugs. In addition, vaccines are being developed and tested for effectiveness in preventing certain STD's.

It is up to each individual to learn about STD's and then make choices about how to minimize the risk of acquiring and spreading them to others. Knowledge of and honesty with partners and one's doctor can be very important in reducing the incidence. These are the facts and reality of the topic STD's.

Roughly one out of every six American teenagers contracts a sexually transmitted disease. That's 3 million teenagers a year. These diseases can be painful, embarrassing, and LIFE THREATENING. Many forms of protection, especially condoms, can help prevent these diseases, but they are not foolproof. The only real, 100% effective way is abstinence. Yeah, I know you've heard that millions of times before (see above!) but it's true. So, if your thinking about having sex for the first time or sleeping around with more than one partner, read about these disease. (Plus, if you think you already have an STD, the following information may help you identify it.)

**April is
STD Awareness
Month**



be AWARE...
be SAFE!

SEXUALLY TRANSMITTED DISEASE FACTS AND MYTHS

Dorothy Lopez RN Community Health Nursing

Continued from page 9

Genital human papillomavirus

Nearly 38% of all sexually active teenagers contract Genital human papillomavirus (HPV). This is a viral infection that can increase the risk of cervical cancer in woman left untreated. The main symptom is warts around the genital organs; however, warts do not have to be visible to become infected or infect other people. In fact, you don't even have to have intercourse to contract HPV. It can be spread by simply touching the infected area. The warts can be removed but they often return because the virus remains inside the body.

Chlamydia

Another common STD is Chlamydia, which is acquired by 29% of sexually active US teenagers, and it is also the fastest spreading STD. Chlamydia is a bacterial infection that can cause pelvic inflammatory disease and /or sterility in women, and sterility in men if not treated. Most females do not show any symptoms; however, it might cause vaginal bleeding or a whitish discharge, or a burning feeling when urinating. The way it is spread is by vaginal or anal sex, but it can be treated by prescription antibiotics. Females should avoid vinegar or soda-water douches because they don't work and may actually spread the disease.

Gonorrhea

Gonorrhea spread by vaginal oral or anal sex, is a bacterial infection in the vagina or cervix, but it can be spread to other parts of the body specifically the rectum, urethra, and uterus. If left untreated it can cause sterility or even be fatal. The 130,000 teenagers that get it each year may experience one or more of the following symptoms: burning during urination, discharge, fever, abdominal pain, nausea, backache, or pain during intercourse. However, in some cases there are no symptoms, and the disease can go undetected. The only treatment of gonorrhea is prescription antibiotics.

Trichomoniasis

Another disease that infects 750,000 teenagers a year is trichomoniasis, or "trich". Spread by vaginal sex, it is a parasitic infection that weakens the immune system, making a person more susceptible to HIV. While many people experience symptoms such as a heavy greenish discharge; genital itching or burning, abdominal pain; and frequent urination, some experience no symptoms. The only way to know for sure if you have it is by going to the doctor. Then if it is confirmed that you have *trich*, you have can be treated with prescription antibiotics.

Genital herpes

Genital herpes infects 125,000 teens a year, and it can be spread in numerous ways, including touching the blisters that accompany the disease, or vaginal, oral, or anal sex. The disease can be spread even days before the blisters break out. Again, while there are often no symptoms, many experience small, red blisterlike sores on the genitals, butt, thighs, fingers and/or mouth; discharge; burning sensations, fever muscle aches, or headaches. Unfortunately, genital herpes has no permanent treatment, but the prescription drug Acyclovir can be used to alleviate pain and length of outbreaks.

HIV

Finally, the most deadly STD, is HIV, the human immunodeficiency virus. HIV brings on AIDS, acquired immunodeficiency syndrome, which unfortunately has no cure and is deadly. In fact, it kills one American every six minutes, and its the sixth leading cause of death among people between the ages of 15 to 24. What makes the disease deadly? HIV weakens the immune system, making the disease carriers more susceptible to disease such as pneumonia and tuberculosis. It can cause a rapid weight loss, prolonged fever, frequent diarrhea and extreme fatigue. But the disease may still be in your system even if none of these symptoms are present. HIV is spread through vaginal, oral or anal sex, tainted blood transfusions, or sharing infected needles.

If you *think* you have an STD, it is advised that you go to a doctor or free clinic right away. Additionally, abstain from further sexual activity so as not to infect your partner(s). It is recommended that your partners also get tested. And even if you've never had sex before but are considering it, get a complete exam by a gynecologist or doctor. Also learn about all of the negative aspects of a sexual relationship. If you *know* you have an STD, you may want to consider psychological counseling, talking to someone you trust, or going to a local support group. There are also some toll free phone numbers for information and support, such as the AIDS All Prevention Center (800 322-8911).

Take “TIME OUT”

ENSURE: Right PERSON
Right PROCEDURE
Right MEDICATION



Step 1: Patient Identification

- Front Desk

- Confirm Correct Patient

Have patient state Full Name and Date of Birth
 Ask patient for picture ID

Step 2: Patient Screening

- Nurse/Tech
- Provider

- Verify Information on IDs and CHCS
- Confirm Correct Patient

Ask patient to state Full Name

- Verify Information on Documents and Orders
- Verify Consent Complete

Step 3: Patient Consent

- Nurse/Tech
- Provider

Patient's Full Name and SSN

Type of procedure, purpose and site/location

Operating provider

Signatures of patient, provider and witness

Date and time

Step 4: Final Time Out, Procedure and Documentation

- Nurse/Tech
- Provider

- Confirm Correct Patient

Have patient state Full Name

Ask patient for picture ID

Verify information on ID

- Confirm Correct Procedure/Medication

Verify medication, procedure and site

Verify Consent Form and other Documents

- Complete Documentation

CAUTION

Kimbrough Ambulatory Care Center

March & April

Health Promotion Classes

TOBACCO CESSATION *

APRIL 7, 14 & 21 from noon to 1 PM

May 5,12,19,26 from noon to 1 PM

CHILDBIRTH CLASS **

May 13 & 20 from 8 AM to noon

10,000 STEPS PROGRAM **

May 3 from 1 PM to 2 PM

Call 301-677-8435 for an individual appointment

YOUR PRESCRIPTION TO GOOD

HEALTH OTC/CARD

APRIL 7 & 21 from 9:30 AM to 11:30 AM

May 5 & 19 from 9:30 to 11:30

To renew your OTC Card call 301-677-8435 for a 15 minutes
briefing with the nurse

***OPEN TO ACTIVE DUTY, THEIR
BENEFICIARIES, RETIREES, & DOD
EMPLOYEES**

**** ONLY OPEN TO ACTIVE DUTY,
THEIR HEALTH CARE BENEFICI-
ARIES & RETIREES**

*For registration call
Community Health Nursing at 310-677-/8435*

TOBACCO CESSATION PROGRAM

*Designed to empower all that desire to break
their addiction to tobacco products – For Life!*

CHILDBIRTH CLASS

*Assists the mother-to-be and her coach in un-
derstanding the physical and emotional
changes that occur during pregnancy/labor and
facilitates the transition to parenthood.*

10,000 STEPS PROGRAM

*Courtesy of Health e Forces from Walter Reed,
CHN is proud to bring you a 3-month walking
program complete with pedometer for
measuring steps and mileage. Designed for
those individuals with cardiac risk factors.
Blood pressure and weight measurements will
be taken at intervals.*

“YOUR PRESCRIPTION FOR GOOD HEALTH/OTC CARD”

*Briefing will address health topics, lifestyle
changes and preventive services. ENROLLEE to
TRICARE PRIME REGION 1. The Medicine
Cabinet/OTC Card is available to TRICARE
PRIME, KIMBROUGH Enrollees. The class
will provide recommendations for proper use of
OTC medications and conclude with the issuing
of a FREE OTC Medical Card for use at the
Kimbrough Ambulatory Care Center.*

- * *For registration call, Community Health
Nursing at (301) 677- 8421/8434*
- * *Classes are held in Kimbrough Ambulatory
Care Center*
- * *Providers may refer clients using SF 513
Consultation Sheets*
- * *Insufficient registrations will force
cancellation of classes*